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TOO MOOCH, TOO SOON

Anthony Scaramucci, one of Trump's latest hires, has already left his role as communications director after a turbulent time in the national spotlight. 4

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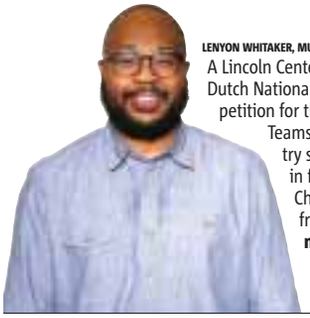

LENYON WHITAKER, MULTIMEDIA EDITOR

A Lincoln Center hosted the Double Dutch National Summer Classic Competition for the first time in 30 years. Teams from around the country showcased their talents in front of a packed plaza. Check out the photos from the event at **metro.us/new-york.**

COMMUNICATIONS CHIEF SCARAMUCCI IS OUT

1 Donald Trump fired Anthony Scaramucci over an obscene tirade just over a week after naming him to the job, sources familiar with the decision said, in the latest staff upheaval to hit the Republican's administration. Scaramucci's departure follows one of the rockiest weeks of Trump's presidency in which a major Republican effort to overhaul the U.S. healthcare system failed in Congress and both his spokesman

and previous chief of staff left their jobs as White House infighting burst into the open. Scaramucci was damaged by comments he made to The New Yorker last week in which he attacked then-White House chief of staff Reince Priebus and Trump's chief strategist, Steve Bannon, in profanity-laden terms. ***For more, see page 4.***

US TARGETS VENEZUELAN PRESIDENT FOR SANCTIONS

2 The U.S. government slapped sanctions on Venezuelan President Nicolas Maduro on Monday, the Trump's administration's toughest move so far against his government in response to Sunday's election of a legislative superbody Washington denounced as a "sham" vote. No oil-related measures were included in the announcement, but such measures remain under consideration, according

to congressional sources and a person familiar with the White House's deliberations on the matter. Under the sanctions, all of Maduro's assets subject to U.S. jurisdiction were frozen, and Americans are barred from doing business with him, the U.S. Treasury Department's Office of Foreign Assets Control said.

CABINET MEETING

3 President Donald Trump (third from right) speaks during a meeting with his cabinet at the White House on Monday. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

LOS ANGELES TO HOST 2028 SUMMER OLYMPICS

4 Los Angeles was chosen to host the 2028 Summer Olympics in a deal that virtually assures that the 2024 Summer Games will be held in the rival candidate city of Paris, Olympic officials announced. Both cities were competing for the 2024 Games after several other candidates withdrew from contention, and the stage was set for Paris to win its bid when the International Olympic Committee

(IOC) confirmed that Los Angeles had agreed to the later date of 2028. "The IOC welcomes this decision of the Los Angeles Olympic and Paralympic Candidature Committee, and we are pleased to release the Host City contract 2028 in a transparent and timely manner," said IOC President Thomas Bach in a statement.

LYFT APPOINTS FORMER OBAMA ADVISER TO BOARD

5 Ride-hailing company Lyft Inc. said on Monday it appointed Valerie Jarrett, an adviser to former President Barack Obama, to its board Jarrett, 60, served in several roles during Obama's eight-year administration. Most recently she was senior adviser to Obama and an assistant to the former president for public engagement and intergovernmental affairs. Jarrett has also worked

as Chicago's commissioner of planning and development and held the chair of the city's transit board. The appointment comes at a time when Lyft, co-founded by Logan Green and John Zimmer, is vying for a bigger share of the U.S. ride-hailing market, which is dominated by Uber Technologies Inc.

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Anthony Scaramucci had a short, rocky tenure in his role at the White House. GETTY IMAGES

Scaramucci leaves his White House role after 11 days

Anthony Scaramucci is the third White House official to depart his post in recent weeks.

ERIN TIERNAN
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erin.tiernan@metro.us

President Donald Trump reportedly decided to boot Anthony Scaramucci from his role as White House communications director after just 11 days on the job.

The news came days after the ex-Wall Street financier gave a curse-filled interview to the New Yorker in which he railed against other senior White House officials.

Three unnamed sources described as "close to the decision" confirmed Trump's decision to remove Scaramucci from the job Monday, The New York Times reported.

Scaramucci is the third high-level staffer to resign or be removed from office — former Press Secretary Sean Spicer resigned July 21 and ex-Chief of Staff Reince Priebus resigned Friday.

The latest White House shakeup ousting Scaramucci reportedly came at the request of Gen. John Kelly, the Trump administration's former secretary of homeland security who was named the chief of staff following Priebus' departure July 28. Kelly, who was sworn into his new chief of staff position on Monday, has been recognized for his organized and disciplined management style.

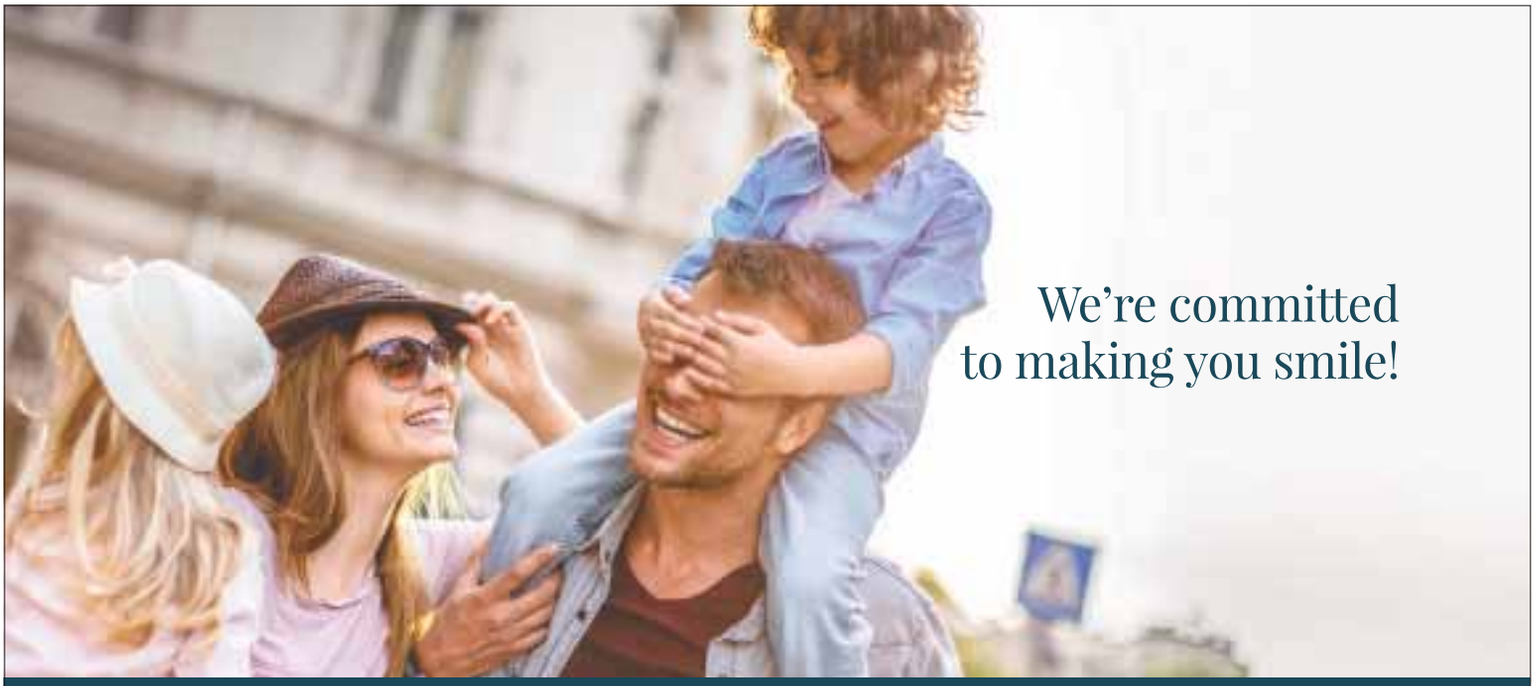
It's unclear whether Scaramucci will stay on with the administration in a different capacity, or if he will be dismissed entirely from any White House role, but Scaramucci's short tenure has been marred by sensational stories. The multimillionaire businessman's wife of three years, Deidre Ball, filed for divorce three weeks ago as she was nine months pregnant with the couple's second child. Scaramucci's "naked political ambition" to work for Trump in the White House was reportedly a factor in Ball's decision to file for divorce.

In a profanity-laced interview published Thursday by The New Yorker, Scaramucci demanded a reporter reveal his White House sources and threatened to fire the entire White House communications department. He also called Priebus a "f—king paranoid schizophrenic," as he embarked on a seemingly paranoid rant of his own that White House staffers were "plotting against him."

TWEETS

@StuPolitics Trump may think that the 4 pm (eastern) MLB trade deadline applies to him and the White House staff, as well.

@JakeTurx You gotta give it to The Mooch. When he said he was gonna fire everybody, he meant EVERYBODY



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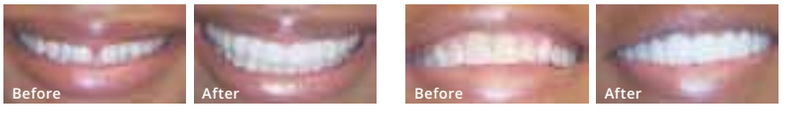

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Cycling is safer, more popular in NYC: DOT

City dwellers are taking to the streets on two wheels in large numbers as NYC aims to accommodate bicyclists in all five boroughs.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Cyclists enjoy a sunny ride across the Brooklyn Bridge on Monday. NIKKI M. MASCALI

Whether it's for their health or the environment or to avoid the city's angst-inducing subways, more New Yorkers are hitting the streets on two wheels than ever before.

In fact, daily cycling has risen 150 percent since 2006, according to "Safer Cycling: Bicycle Ridership and Safety in New York City," which was released Monday by the city's Department of Transportation, the NYPD and Department of Health and Mental Hygiene.

"Cycling is at a record-breaking percent," said DOT Commissioner Polly Trottenberg, adding that there are now 1,133 miles of bike lanes throughout the five boroughs, with 425 of them protected.

"Safe Cycling" revealed that there is safety in numbers, and despite there being 18 cyclist fatalities in 2016, the overall number has dropped 71 percent over the past 20 years.

With 90 percent of such fatalities occurring outside bike lanes, the city aims to continue building its network of dedicated lanes, especially in 10 neighborhoods — from Gravesend and East Flatbush in Brooklyn to Ridgewood and Jackson Heights in Queens — where the most deaths occur.

Additional plans by the DOT to continue growing the city's cycling include increasing bike facilities, advocating for laws requiring side guards on trucks doing business with the city, developing safety outreach for cyclists, motorists and pedestrians, and more.

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- Preference for a percentage of units goes to residents of **Bronx Community Board 4** (50%) and municipal employees (5%).

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40% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$548	4	1 person	$20,675 - $26,720
1 bedroom	$589	8	1 person	$22,149 - $26,720
			2 people	$22,149 - $30,560
2 bedroom	$713	5	2 people	$26,435 - $30,560
			3 people	$26,435 - $34,360
			4 people	$26,435 - $38,160
3 bedroom	$817	5	3 people	$30,583 - $34,360
			4 people	$30,583 - $38,160
			5 people	$30,583 - $41,240
			6 people	$30,583 - $44,280

60% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$865	11	1 person	$31,543 - $40,080
1 bedroom	$929	17	1 person	$33,806 - $40,080
			2 people	$33,806 - $45,840
2 bedroom	$1,121	15	2 people	$40,423 - $45,840
			3 people	$40,423 - $51,540
			4 people	$40,423 - $57,240
3 bedroom	$1,289	15	3 people	$46,766 - $51,540
			4 people	$46,766 - $57,240
			5 people	$46,766 - $61,860
			6 people	$46,766 - $66,420

90% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$1,049	2	1 person	$37,852 - $60,120
1 bedroom	$1,320	16	1 person	$47,212 - $60,120
			2 people	$47,212 - $68,760
2 bedroom	$1,591	3	2 people	$56,538 - $68,760
			3 people	$56,538 - $77,310
			4 people	$56,538 - $85,860
3 bedroom	$1,831	5	3 people	$65,349 - $77,310
			4 people	$65,349 - $85,860
			5 people	$65,349 - $92,790
			6 people	$65,349 - $99,630

130% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$1,212	2	1 person	$43,440 - $86,840
1 bedroom	$1,524	16	1 person	$54,206 - $86,840
			2 people	$54,206 - $99,320
2 bedroom	$1,835	3	2 people	$64,903 - $99,320
			3 people	$64,903 - $111,670
			4 people	$64,903 - $124,020
3 bedroom	$2,113	6	3 people	$75,018 - $111,670
			4 people	$75,018 - $124,020
			5 people	$75,018 - $134,030
			6 people	$75,018 - $143,910

[1] Tenant pays electricity.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

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When is the Deadline?

Applications must be postmarked or submitted online no later than **September 29, 2017.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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简体中文

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한국어

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العربية

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Trump, Scaramucci distract from 'most important' Senate hearing

While Trump tweeted and Scaramucci cussed up a storm, a financier provided chilling testimony.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

Last week's news cycle was dominated by President Donald Trump's tweet banning transgender people from military service and new communications director Anthony Scaramucci's profane tirade to the New Yorker.

In the meantime, the Senate Judiciary held what one senator called one of the Senate Judiciary Committee's "most important" hearings, which received very little press coverage.

Financier Bill Browder was scheduled to testify before the committee on Wednesday about the shadowy, violent business world of Putin's Russia, and the role of Russian spies in the U.S.

In pre-prepared remarks, he said: "I hope that my story will help you understand the methods of Russian operatives in Washington and how they use U.S. enablers to achieve major foreign policy goals without disclosing those interests."

On the day Browder was scheduled to testify, Trump tweeted, seemingly at random — with no advance notice to the Pentagon and military chiefs, leaving them stunned — that transgender people would not be allowed to serve "in any capacity" in the military.

Browder's appearance before the committee was rescheduled for Thursday. That was the day that Scaramucci's profane tirade to a New Yorker reporter dominated news coverage.

Browder's testimony went ahead, however. He described how he made a fortune in Russia, and in the process discovered a "kleptocracy" of wealthy middlemen that used corruption, blackmail, torture and murder to stay in power, led by Vladimir Putin.

Browder said: "Effectively the moment that you enter into their world, you become theirs."

When the financier, who now lives in London, discovered a corruption scheme benefiting Putin, he and his lawyer, Sergei Magnitsky, reported it to Russian authorities.

"And we waited for the good guys to get the bad guys," Browder told the Senate committee. "It turned out that in Putin's Russia, there are no good guys."

He was accused of tax evasion and banned from re-entering the country after a trip abroad. Magnitsky was beaten to death in prison.

Bill Browder's testimony revealed insight into how Russian operatives worked in the U.S. GETTY IMAGES

HEALTHCARE

Trump aims at insurers in battle over healthcare subsidies

President Donald Trump on Monday took aim at the nation's health insurers in an escalating threat to cut the healthcare subsidy payments that make Obamacare plans affordable, after repeatedly urging Republican senators to continue working to undo his Democratic predecessor's healthcare law.

"If ObamaCare is hurting people, & it is, why shouldn't it hurt the insurance companies & why should Congress not be paying what public pays?" Trump, a Republican, wrote on Twitter.

Trump, frustrated that he and Republicans have not been able to keep campaign promises to repeal and replace Obamacare, has threatened to let it implode. So far, the administration has continued to make the monthly subsidy payments, but withholding them would be one way to make good on Trump's threat.

A bipartisan group of 43 House lawmakers on Monday called for Congress to quickly stabilize the individual insurance market by appropriating money for the payments and creating a stability fund for states. REUTERS

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Trump could use pardons to stop Russia investigation

The Constitution gives wide authority to pardon.

ERIN TIERNAN
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As President Donald Trump has started researching his presidential pardon powers, speculation has swirled that he could use the authority as a means to shut down the Russia investigation, and experts say there's not much standing in his way.

While it's still unclear whether Trump could pardon himself, the pardon clause of the Constitution gives the president wide authority to a grant presidential pardons.

Constitutionally, Trump can absolutely pardon whomever he pleases without any legal repercussions — even family. Typically, experts say, it would be political suicide to pardon a family member, but then again, the rules of politics don't appear to apply to Trump.

Generally, pardons are vetted via the Justice Department's Office of the Pardon Attorney, but Trump has hinted that he could hand out pre-emptive pardons to family members like son Donald Trump Jr. and son-in-law Jared Kushner, who are both being investigated for conducting undisclosed meetings with Russian officials.

Trump hinted at his power to pardon and what it could mean for the investigation into ties between his campaign and Russia's attempts to influence the 2016 presidential election in a July 22 tweet saying, "While all agree the U. S. President has the complete power to pardon, why think of that when only crime so far is LEAKS against us. FAKE NEWS."

President Gerald Ford's pardon of Richard Nixon for the Watergate scandal is the most relative example of a pre-emptive pardon in U.S. history, as Nixon was never charged.

"In the normal case, the White House won't touch a case unless it's gone through that administrative process at DOJ," Samuel Morison, a former lawyer in the Office of the Pardon Attorney, told Huffington Post. "It protects them from being embarrassed if it goes through DOJ, and it also gives them some political cover. If there's criticism, they can say, well, DOJ told us to do it."

> *"In the normal case, the White House won't touch a case unless it's gone through that administrative process at DOJ."*
> Samuel Morison

The Office of the Pardon Attorney doesn't accept applications for presidential pardons from people who haven't been convicted of a crime, but that won't necessarily stop Trump from issuing a presidential pardon anyway. The power is guaranteed in the Constitution, meaning it's unlikely Congress could pass laws limiting the pardon powers, and the clause doesn't specify how to issue a presidential pardon — he could even do it via Twitter, Brian Kalt of Michigan State University College of Law told USA Today.

"I hope not, but I think that it could work," said Kalt.

Trump wouldn't be the first to pardon a family member or aide — President Bill Clinton pardoned his half-brother Roger after he was caught selling cocaine to an undercover officer. President George W. Bush commuted the sentence of ex-White House aide I. Lewis "Scooter" Libby after he was convicted of perjury, obstruction of justice and lying to investigators in the probe of the leak of the name of a CIA operative.

President Donald Trump has been awfully curious about pardons recently. GETTY IMAGES

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Elected NYC officials plan 24-hour subway ride to discuss transit troubles

Two politicos will travel on New York City subways for 24 hours this week on an interborough tour for commuter feedback.

AMY RUSSO
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While most straphangers would be unwilling to add another minute to their already chaotic commutes, two elected officials have vowed to spend 24 hours on the subways.

Council member Ydanis Rodriguez of District 10 and assembly member Jeffrey Dinowitz are embarking upon what they've dubbed the Riders Respond Transit Tour, a two-day interborough trip to hear what commuters have to say about the city's notoriously dysfunctional subway system.

In a recent statement posted on Facebook, Rodriguez, who chairs the Transportation Committee, explained that the campaign is intended to get answers from locals before a City Council hearing on Aug. 8. "We know that the recent issues plaguing the subway system have impacted you, the riders most of all," he said. "We'll be travelling throughout the system in all five boroughs to get suggestions, concerns, ideas and more."

The tour will kick off on Thursday with the first 12 hours spent in Manhattan, the Bronx and Staten Island, and will conclude the following day with the final 12 hours in Brooklyn and Queens.

It is expected that the event will result in valuable feedback from a city that has been outraged by delays, track fires and other service interruptions sometimes resulting in dangerous subway conditions. Speaking to the New York Daily News, Dinowitz was hopeful, stating, "I think by visiting stations in various areas around the city, we can hopefully highlight particularly the issues that haven't been talked about as much."

Subway riders have recently seen more transit-related problems as delays and track fires continue to interrupt service. FRANCISCO ANZOLA VIA FLICKR

CYBERCRIME

HBO says data hacked, media says 'Game of Thrones' targeted

HBO said on Monday that hackers had stolen upcoming programming, and Entertainment Weekly reported that the theft included a script for an unaired episode of the hit fantasy show "Game of Thrones."

HBO, a unit of Time-Warner Inc., declined to comment on the specific programming stolen in the hack.

"As most of you have probably heard by now, there has been a cyber incident directed at the company which has resulted in some stolen proprietary information, including some of our programming," HBO Chairman Richard Plepler wrote in a message to employees, which the company shared with reporters.

The company declined to comment on reports that unbroadcast episodes and scripts were among the data hacked, citing an "ongoing investigation" by unspecified law enforcement officials.

Entertainment Weekly reported that hackers stole 1.5 terabytes of data and had already posted online unbroadcast episodes of "Ballers" and "Room 104," along with "a script or treatment" for next week's episode of "Game of Thrones."

Reuters also received an e-mail on Sunday from a person claiming to have stolen HBO data, including "Game of Thrones."

The show is now in its seventh season and due to wrap up next year. REUTERS

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Why Knee Arthritis Sufferers Of Almost All Ages Are

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Hundreds of arthritis sufferers from tri-state area calling weekly

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

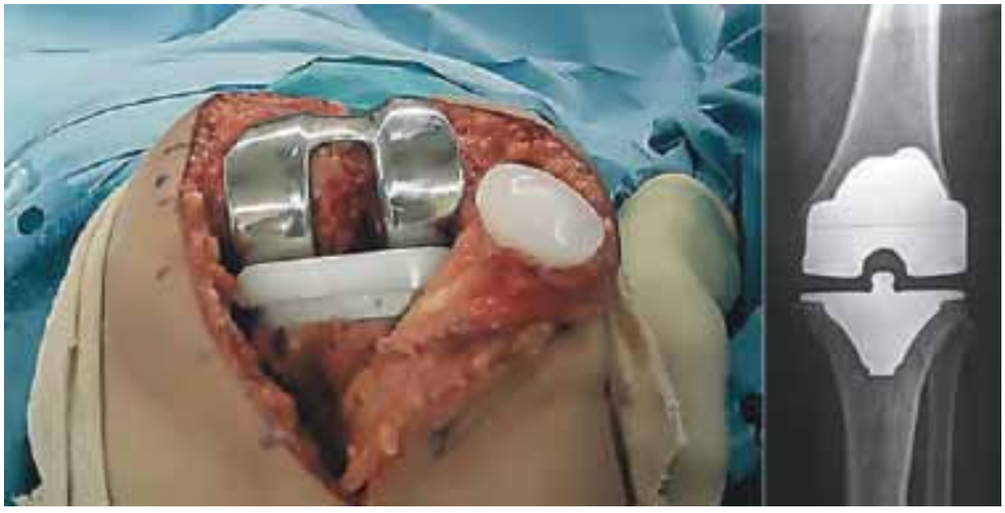
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

ch Medicine And All Natural Treatments

d little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricat-ing fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciat-ing.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist an-swers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obliga-tion screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solu-tion to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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This is y'alls fave, OK?
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Paris & Macaulay get matching tattoos

Paris Jackson — 19-year-old side-boob enthusiast — and her godfather, Macaulay Culkin, got matching tattoos over the weekend. Sure!

According to E! News, the two were photographed getting some new ink at the Tattoo Mania parlor in West Hollywood. Would I ever get a tattoo from a place called Tattoo Mania? No, I wouldn't.

The pair reportedly got matching spoon tattoos on their arms, which is probably symbolic of a chronic struggle. But we don't really know because they have yet to explain said symbolism. Which is totally fine because why are we even talking about these two?

In short, yes: Jackson is still a thing, despite my desperate pleas to nobody in particular that she not be a thing. Oh, well.

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Blake Lively explains what a joke is

Thanks, Blake!

Ryan Reynolds is most famous for starring in films like "Deadpool" and "National Lampoon's Van Wilder." He's married to Blake Lively, who played herself in "Gossip Girl" for many years.

Reynolds, 40, likes to make jokes, especially on Twitter. But Lively, 29, would like to make it clear that when he writes that he's dropping off his 10-month-old at Burning Man, he's making a joke. Thanks, Blake!

"He may as well work for the Enquirer," Lively told Glamour. "When he says 'my daughter,' he's never, ever talking about her. Everything is a completely made-up scenario." Oh, really?

That Blake Lively — she sure is never out of character.

Carmelo Anthony is acting thirsty for Lala

She does look great, though.
INSTAGRAM/@CARMELOANTHONY

Just because Carmelo Anthony and Lala are estranged doesn't mean he's not going to go around posting hot pics of her on his Instagram. Because that is exactly what the 33-year-old has done.

The exes separated after seven years of marriage, amidst rumors of infidelity and Carmelo impregnating some lady that wasn't Lala. The former MTV VJ reportedly moved out of their home and is now living alone in New York City, living her best life.

Still, the "Power" star admits she's not ready to go all the way yet, divorce-wise. "Not right now. You know, marriages are tough … it's filled with ups and downs," she said last week. "Our No. 1 commitment is to our son, Kiyan."

It really brings a tear to my eye when these adults act like adults.

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Finn Wittrock loves the '90s

Finn Wittrock lures Jenny Slate away from her fiance in "Landline." MAGNOLIA PICTURES

The "American Horror Story" alum goes back in time with "Landline."

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Remember the '90s? Finn Wittrock sort of does. The actor is 32, meaning he was only an adolescent in 1995, which is when his new movie, "Landline," takes place. It's a fun backdrop for a very funny, very honest movie about infidelity, in which two sisters (Jenny Slate and Abby Quinn) discover their father (John Turturro) is cheating on their mother (Edie Falco). But Slate's character is cheating herself, sleeping with an old friend (played by Wittrock) behind her fiance's back.

You were just a kid in 1995, but you still got to experience the world before tech took over everything. Are there obsolete things from that era you miss?
I kind of miss big old computers that took forever to do anything. [Laughs] And I remember my friend and I had portable CD players. There was a new one that came out that was anti-skip, because that was a big problem when you were walking — those things would always skip. Suddenly there were these new ones. You could shake the thing, jump up and down for five seconds, and it wouldn't skip. We thought that was mind-blowing.

The women who made "Landline" also made "Obvious Child." Both these films are really good at not only tackling controversial issues, but not making anyone the villain.

"La La Land"

You actually played the jilted nice boyfriend in "La La Land." Were you actually at the Oscars this year?
I wasn't. I was in New York doing "The Glass Menagerie" at the time. It would have been a very fascinating night to be there, especially being in that movie.

So you just watched that madness on TV like the rest of us.
I just sat in my living room thinking, 'Thank god I'm not there!' [Laughs] But they handled it well. They were really classy.

They just want to humanize everyone in their movie. There was a part of me before I got into the script that thought, 'Oh, is this just what women have been going through for so many years? There's a nice girlfriend and then there's the sexy vixen who steals the hero away? Is this the gender-reversal of that?' That's sort of true, but luckily, we're in the hands of the people who want to make even my character three-dimensional. I was able to find a path into him, find his own pain. I felt like he was a guy who at one time reveled in being able to sleep around and do whatever he wanted and take nothing seriously. But as he gets a little older, he starts to get lonely, starts looking for the real thing. And he finds it, but in someone who isn't in a place where she can give it back to him.

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My toes aren't straight- they are all cocked-up, bent and hurt.
I have painful calluses on the ball of my foot which keep building up.
I have corns on my toes which get thick no matter what shoe size I wear.
The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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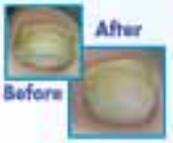
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Next stop, Mars

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A trip to Mars sounds like a better idea by the day, and rest assured that NASA is still working hard to open the next frontier of the Space Race.

This week, you'll get a look inside all that the National Aeronautics and Space Administration is doing to cross those 34 million miles to the Red Planet during "Summer of Mars" at the Intrepid Museum.

"What people don't realize is the space program is still going on," says Desiree Scialpi, director of marketing at the Intrepid. "NASA is still working hard, and they're still moving forward."

The centerpiece will be NASA's huge Mars Rover concept vehicle parked right on the pier in front of the Intrepid, where all activities are free to the public on Aug. 3-6 (with many others free with museum admission).

Although the nearly 11-foot-tall, 5,000-pound rover is not destined for the Red Planet, it's a glimpse of the best guess scientists can make at a viable vehicle for the person (or people) who makes the journey — NASA is aiming for 2030.

To show you how, the space agency is bringing a whole expo featuring everything you ever wanted to know about the agency's Journey to Mars mission. From launching you there (via virtual reality) to interactive games about the Martian natural world (like finding out what else you can grow besides potatoes) and actually putting your hands on NASA's latest tech.

Beyond Mars, you'll see into deep space (and yes, we're sending people there, too) with the James Webb Space Telescope, NASA's newest launch systems and plane designs, and go all the way back to life just after the Big Bang. There's of course talks with scientists and first-hand accounts of life in space from astronauts.

Inside the Rover
NASA

"Summer of Mars" coincides with the Intrepid Museum's Space & Science Festival, which brings tons of activities, exhibits and talks to the Intrepid's pier, flight deck — home to the Space Shuttle Enterprise — and museum beginning today through Aug. 6.

Now in its sixth year, it's a chance to check in with all aspects of space technology whether you're a kid who still dreams of being an astronaut or an enthusiast from when we first landed on the moon in 1969.

Just some of the highlights include taking a spin on the Space Camp classic multi-axis trainer, drones you can build and fly, a space-themed Lego mural, robotics demonstrations, a free screening of "The Martian" (Aug. 1) and a ticketed play called "Moon Shot."

"It's a super action-packed show where the performers are on a small stage about 21 square feet, which is about as tight as the original Mercury capsule," explains Ashley Allen, public relations director for the Intrepid. "They're basically using only their bodies and voices to bring to life the history of human exploration from the Cold War to Sputnik."

Speaking of exploration, check in with the Intergalactic Travel Bureau before booking your next flight. "They'll simulate rock climbing on Mars and skiing on Pluto," explains Scialpi. "It's an interactive science theater that has these travel agents and astronomers who use real data to create personalized vacations in space."

How's about making that happen in our lifetimes, NASA?

Get up close to NASA's Mars Rover concept during Summer of Mars at the Intrepid Museum. NASA

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wellbeing

A pain in the foot

How to prevent plantar fasciitis and other common conditions.

MEGAN JOHNSON
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The recovery footwear industry has solutions for common foot ailments. ISTOCK

Spending all day on her feet takes a toll on Rachele Pojednic. But the Flywheel instructor has a simple tool to combat foot pain: a small, dense, bouncy ball she bought for 25 cents from a grocery store vending machine.

"I place the ball under the part of my foot where I feel the pain, applying a bit of my weight. Then I close my eyes, be still and breathe," says Pojednic. "This is actually a great overall restorative tool because the release in your feet can lead to relaxation in other parts of your body as well."

But it's not just athletes who run and bike hundreds of miles that develop chronic foot pain. "My feet hurt" is one of the most common complaints at the end of a long day, whether it's from uncomfortable shoes or constant pounding on your feet while working out. Dr. Susan Wexler says the most common issues patients come to her with are ingrown toenails, warts, foot infections and plantar fasciitis, better known as heel pain caused by stress on the tissues that run from the heel to the base of the foot.

"The best thing they can do is wear an arch support and good-quality sneakers," says the podiatrist. Beyond daily stretches and exercises you can implement to alleviate symptoms, "the best long-term treatment for plantar fasciitis — the gold standard — is custom-made arch-support orthotics."

With so many complaints about foot pain these days, footwear companies are becoming even more savvy when it comes to keeping comfort in mind while designing their products. Sally Murphy, senior director of Women's Design at shoemaker Rockport, says that the summer is a particularly bad season for foot pain because people tend to wear flatter, less supportive footwear.

"We suggest wearing a shoe or sandal that has an anatomic footbed with a molded-heel seat, which offers support," says Murphy. "We also suggest a sole that is firm and offers significant stability and support."

The "recovery footwear" industry is taking foot health a step further. Shoes by Oofos use specialized foam to absorb and disperse impact 37 percent more than traditional footwear. By cradling the foot's arch, its shoes and sandals relieve pressure on the ankles, knees, hips and lower back.

"When you look at the main ankle-joint surface, the area is extremely small as well — roughly 1 inch — significantly smaller than your body size," says Dan Dyrek, a spokesman for Oofos.

"This sets up most people for the common risk of foot injuries due to overload."

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Yankees land Gray, Mets deal away Reed

Brian Cashman delivers Yanks a top-notch starter at trade deadline.

EVAN MACY
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The Yankees landed Sonny Gray on Monday. GETTY IMAGES

The Yankees are looking to keep pace in the race for the AL East — while also bolstering their chances at making a deep playoff run. In a busy week, the Bombers added Athletics starter Sonny Gray, a move that gave the Yankees a true ace and top of rotation hurler just hours before the trade deadline.

Gray is 6-5 with a 3.43 ERA this season for the lowly Athletics, two seasons removed from a 14-7 campaign with a 2.73 ERA back in 2015. The 27-year-old is a former first round pick and had a rough go of it a season ago, battling injuries with an above-5 ERA.

This season he joins a New York staff that has already added lefty Jaime Garcia ahead of Monday afternoon's deadline.

The Yankees gave up a chunk of prospects for the hurler — who is arbitration eligible (and under team control) for two more offseasons — sending Dustin Fowler (outfielder, team's fifth best prospects), Jorge Mateo (shortstop, team's eighth best prospect) and James Kaprielian (pitcher, team's 12th best prospect) out west to Oakland in the deal.

3.43
THE 2017 ERA OF NEW YANKEES STARTER SONNY GRAY

They will also acquire $1.5 million cash and room in their international signing bonus pool as part of the trade.

The much-anticipated move has been in the works, according to reports, for several weeks and confirms the speculation of many over whether the Yankees were willing to go all out and buy in an attempt to compete this season (they were).

Mets deal Reed

The Mets got three prospects from the Red Sox in exchange for reliever Addison Reed on Monday.

Right-handed pitching prospect Jamie Callahan, right-handed pitching prospect Stephen Nogosek, and right-handed pitching prospect Gerson Bautista are the newest members of the Mets organization.

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Fantasy football: Top-five Jets to draft

Bilal Powell will likely be the Jets' primary offensive weapon in 2017. GETTY IMAGES

Let's be honest, when you're putting together your 2017 fantasy football mock draft, you probably aren't going to be running to the Jets to take the best they have to offer.

Actually, let's just keep the words "best" and "Jets" separate for a while.

But it's highly unlikely that your mock draft will ever go as well as your actual draft and you might be faced with the impossible reality of choosing someone from a team that is expected to be one of the worst in the league.

1. Bilal Powell, RB
Considering the Jets' quarterback situation is a hot mess right now, it's probably wise to invest in the team's backfield this year.

Bilal Powell is expected to be the predominant back in 2017 and could be Jets fans' greatest source of joy.

The powerful runner has a shifty side to him but is difficult to stop once he gets a head of steam going. He accrued 722 yards on 131 attempts last season (5.5 yards per carry) and showed that he can be a dual-threat option. He caught an additional 58 passes for 388 yards, ending with a combined five touchdowns.

2. Matt Forte, RB
You're probably wondering why I'd have another running back listed as a top fantasy option. Let this be a preview as to just how bad the Jets will be in 2017. If he can put together a solid training camp, Forte should still see plenty of reps in the Jets' backfield in the fall. That could lead to a good amount of red zone touches.

3. Quincy Enunwa, WR
With Eric Decker and Brandon Marshall gone, Quincy Enunwa has an opportunity to build further off his coming-out party in 2016.

The surprising leading receiver hauled in 58 receptions on 105 targets for 857 yards and four touchdowns last year. I'd expect him to get the same amount of targets, if not more, with New York's largest pass catchers gone.

4. Chandler Catanzaro, K
I'd expect plenty of Jets drives to stall in enemy territory, which should give former Arizona Cardinal Chandler Catanzaro plenty of opportunities to rack up some fantasy points for your team.

5. Robby Anderson, WR
Part of me wanted to put the Jets defense here, but it will be so bad that you'll probably be losing points by acquiring them.

Anderson will be the Jets' No. 2 receiver behind Enunwa and should get a considerable amount of targets this season.

JOSEPH PANTORNO

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INDEX NO. 14097/12
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COUNTY OF QUEENS
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Against PAUL GUILLAUME, et al Defendant(s).
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Approximate amount of lien $ 885,111.25 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 19167/08.
Dominic L. Chiariello, Esq., Referee.
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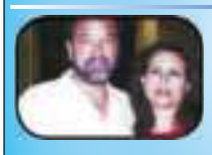

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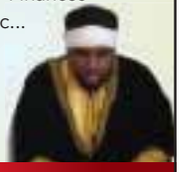

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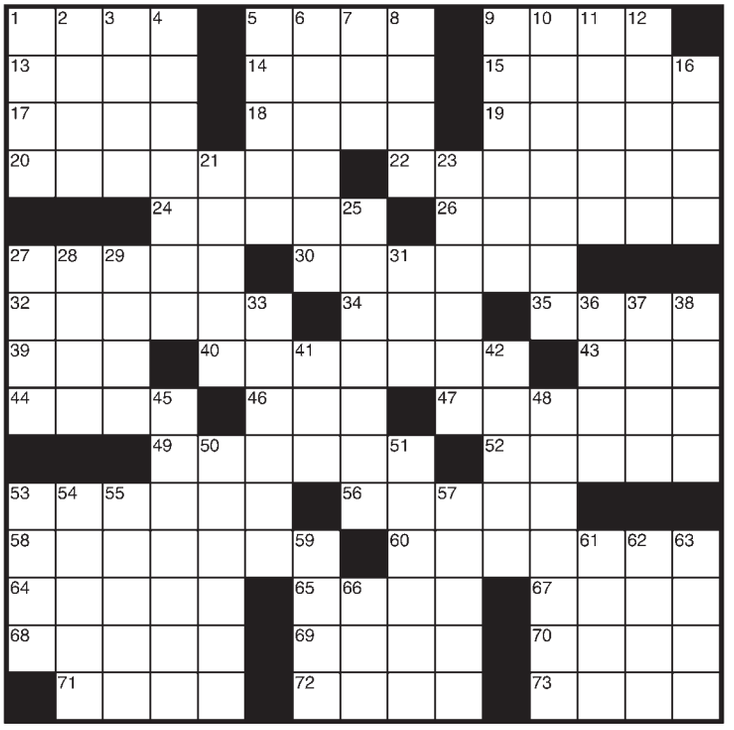
Across

1 Dry off
5 "PTI" channel
9 Mesa dweller
13 Fraud
14 You, once
15 Fridge maker
17 Get poison ivy
18 Chopped down
19 Causes to lean
20 Bullfighter
22 Flying machines
24 Mispronounces
26 Fruit cake ingredient
27 Strange
30 Bring into accord
32 Two-person bike
34 Mongkut portrayer
35 Drown a donut
39 RN colleagues
40 Car-crash protection (2 wds.)
43 For shame!
44 Puts
46 "-- -Pan" (Clavell novel)
47 Fix a boot
49 Rushing sound
52 Painter's device
53 Sorer
56 Emulates Galen
58 Value
60 Accidents
64 Long-distance charges
65 House shaders
67 Lotion ingredient
68 Trapshooting
69 Sense
70 Kennel noise
71 Terminates
72 Driftwood bringer
73 Kilt sporter

Down

1 Odd notion
2 Tad
3 International agreement
4 Breathed out
5 Social mores
6 Everest guide
7 Bam!
8 Now, to Caesar
9 Chapeau securer
10 Skipped
11 Less tanned
12 Opening remarks
16 Org.
21 Informal restaurant
23 Of the eyes
25 In vogue
27 Banking conveniences
28 Put cargo aboard
29 Part of MIT
31 Place to soak
33 Drives along
36 Tabloid topics
37 Shade of green
38 Boat's bottom
41 Thai neighbor
42 Film spools
45 Eddied
48 Struts
50 Steals
51 -- in (surrounded)
53 Takes steps
54 Misplay due to nervousness
55 Hayes or Reddy
57 Walkway
59 Weight
61 Actor -- Guinness
62 Game with mallets
63 Equinox mo.
66 Aloha token



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easy

		5		6		3		
		6	8		4	1	5	
	2		9					
5			6	1				
3		1		4		8		7
				8	9			5
					5		6	
	9	2	4		8	5		
		4		2		9		

hard

		2	5		6	9		
			8			3	7	
	8		9	7		2		
	1	8						
	2	5				8	9	
						5	1	
		7		6	8		2	
	3	6			9			
		4	2		1	7		

metro.us/horoscopes

Aries Follow through with your ideas. Invest time or money in something that will help you. Pursuing educational pursuits or networking will lead to greater opportunities.

Taurus You may not agree with everyone you encounter today, but withholding your opinion will help you avoid an argument with someone you need to get along with.

Gemini You should engage in projects and activities that you find energizing. Be proactive and follow through with the promises you make.

Cancer Creativity will engage your mind and promote new opportunities. Networking functions will bring you in touch with someone you find inspirational.

Leo Look for a bargain. Make a point to exercise or get involved in a project that requires physical strength or endurance. Hard work will lead to personal satisfaction.

Virgo Attend to your responsibilities before someone complains. If you work alone, it will help you avoid interference and setbacks. Attend a function that interests you.

Libra Get involved in your community or in family affairs that can help improve your life. Don't get bullied into doing things you don't want to do.

Scorpio If you watch what others do and how they react to challenges, you'll gain the knowledge to do things right the first time. A unique idea will lead to advancement.

Sagittarius Let your emotions and desire to bring about positive change be your driving force. If you can visualize your goal, you can make it happen. Don't be discouraged.

Capricorn If you want to feel better, don't get into predicaments that allow others to take advantage of you. Your intuition won't mislead you, but your ego will.

Aquarius Let your reputation speak for you. Partnerships can be established, but rules should be set and individual responsibilities clearly outlined. Equality is key.

Pisces Your trusting nature will be taken advantage of if you aren't careful. Inner growth is the answer to personal happiness.

EUGENIA LAST

Yesterday's answers

T	H	I	N			S	E	L	F		O	V	A	L
R	U	D	E		T	O	T	A	L		R	I	D	E
A	G	O	G		I	N	U	R	E		G	O	A	T
P	O	L	L	E	D		D	A	D		A	L	M	S
			E	L	I	D	E		G	U	N			
W	R	E	C	K	E	R		V	E	H	I	C	L	E
H	I	L	T		S	E	R	E		O	C	E	A	N
I	C	E		S	T	A	U	N	C	H		D	D	T
T	E	N	E	T		D	E	E	R		P	A	L	E
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F	A	V	A		J	A	W		P	E	A	L	E	D
A	S	A	P		A	L	A	M	O		L	U	G	E
R	E	N	E		H	E	R	O	N		E	L	A	N
E	A	S	E		S	E	E	D			D	U	D	S

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